

August 2011

HEALTHY NEWS

**This month we relaunch our Heart Health Screening Service & send out a reminder to keep supporting the Immune system.**

**We do hope you enjoy the read.**

**From all the staff here at Northside Wellness Clinic**

## Heart Health Screening

**Heart Health Screening is back!!** We now have a renewed Heart Health Screening System (formally Intelliheart) in our own right, which means we now have control over the reporting and management of this amazing system. We are also released from the need to pay royalties so that will allow us to offer the ‘Service’ at the more realistic price of **\$180.00 (formally \$250.00).**

"Cardiovascular Disease is the most prevalent cause of

death in the developed world claiming around 17 million lives globally each year with the majority of patients suffering heart attacks and strokes. This represents around one-third of global deaths. In developed countries like Australia the proportion is even higher, where approximately **40% of all deaths are caused by Cardiovascular Disease.** This is significantly higher than mortality from all forms of cancer combined. It's a massive problem and more than 1.1 million Australians have a disability as a result of

cardiovascular problems." By combining conventional tests with Pulse Wave Analysis (a test that examines arterial stiffness and measures the Central Blood Pressure) and a Resting ECG, a comprehensive, non-invasive assessment can determine the true condition of the heart and arteries long before symptoms manifest. **Most Heart events occur without symptoms and ‘one hour could save your life’ - Live Longer by Choice not by Chance.**

## Fathers Day gift ideas

Looking for something different for Dad this year? Then why not consider a **Massage Voucher** or **Wheat Heat Bag** (great Hot Water Bottle without the Leaks). Wheat Bags are

monogrammed and cost \$18.50 Small or \$35.00 Large, a great gift alternative. **Massage vouchers** cost \$45 for half an hour and \$75 for an hour. If you can't drop in to the clinic, we can post to you or Dad in time for Fathers Day. Ring the clinic to order.

## Clinic Hours

**Tuesday** 9.00am—7.00pm  
Thomas Available

**Wednesday** 9.00am—7.00pm  
Wade Available

**Thursday Evening** from 6.00pm  
Wade Available

**Friday** 9.00am—3.00pm  
Wade Available

**Saturday** 8.30am—12.00pm  
Wade Available

## Reminder: Keep your immune system strong. It's Ekka Season.

It's Ekka and Show Season and with all the fun and excitement that comes with it so comes the colds & flu and the tummy bugs. Prevention *is* better than cure which means you need to remember to Boost the Immune System and do your bit to ward off the bugs. Until the end of winter we are cutting the cost of a couple of highly effective products that will help boost your Immune System and help protect you.

**Until the end of winter, Metagenics Andro NK and Mediherb Herbal Throat Spray are all 10% off our regular price.**

Other ways you can protect yourself are:

- Stay at home when you are sick
- Wash your hands prior to touching your eyes, nose and mouth (Don't forget our Herbal Hand Cleaner)
- When coughing and sneezing, cover your mouth and nose with disposable tissues which should be disposed of immediately
- Maintain at least one metre distance from people who have flu-like symptoms such as coughing and sneezing.



**Don't Suffer Through another Ekka Season!!!** By making some simple changes to your diet and lifestyle and by taking the appropriate supplements, you can boost your immune system and reduce your risk of catching colds and 'flu. Not Sure? Then speak to us about the best way to manage your colds and 'flu naturally and enjoy a symptom free Ekka season! Can't drop in to the clinic, then why not consider our reliable **Postal Service; great for busy people!!**

### Naughty Boy or just Bored?

At NSW we see a number of children with behavioural conditions, most of these are correctly diagnosed but here are some interesting facts to consider when dealing with your children.

Did you know that boys and girls have different eye physiology? Boys have more "rods" and girls more "cones" – these are the photoreceptors that pick up light in the eye. Rods pick up motion and depth perception very well but not colour. Cones on the other hand supply females with better colour, texture and definition. Have you ever noticed that when boys draw a picture they rarely bother with pretty colours, instead choosing to fill a page with movement or scene where something is happening? By contrasts little girls often draw beautifully detailed and colourful "things", a house or flower. To a boy these look boring compared to shooting guns or a zooming car as they don't see all the textures,

likewise boys rather reading and writing about action than detail (this could be the reason your husband doesn't see that container right in front of his nose in the fridge!). Did you also know that girls' hearing is more sensitive than boys? Research suggested up to 10 times around the age of 6 years! A lively teacher that passionately declares their lessons with waving arms may engage a class of boys but have the girls in the room feeling like they have been yelled at all day, inversely the quiet spoken teacher is going to be no match for those fighting birds outside the window for even the most well behaved boy!

We are all individual in our make up and just as boys and girls differ it is important to consider all facets of our design when considering health and wellbeing. Holistic, individual treatment plans are our focus in building your health; from children to seniors we are dedicated to seeing you be the healthiest you can be regardless of whether you have more rods or more cones!



### Thai Chicken Noodle Cakes

- \*Chicken Mince
- \*Vermicelli Rice or Mung Noodles
- \*Grated carrot
- \*Grated zucchini
- \*Chinese cabbage
- \*Coriander
- \*Egg (or Egg substitute)
- \*Sea Salt for taste

Prepare noodles then mix all ingredients well. Roll into balls and fry in olive oil. Serve with sweet chili sauce. Super yum for snacks, lunch for you and the kids or part of evening meal.